

April 9, 2020

Dear Resident,

I hope this message finds you and your loved ones safe and healthy. This week, many residents are celebrating Passover or Holy Week at home with their immediate family, instead of gathering together for a traditional celebration. While this is difficult, the sacrifices we are making today will protect many of our most vulnerable friends and neighbors and result in bringing this pandemic to an end sooner, with fewer casualties.

We are now in the second month of the health crisis caused by the spread of COVID-19. In the fight against this horrible virus, there are many men and women in our community that are heroically going to work every day to help those who are ill, providing the essential services that are necessary for our residents and performing important research to find a cure.

I want to acknowledge and thank all of them today – from first responders, medical personnel and scientists at Brookhaven National Laboratory and SUNY Stony Brook to the grocery store workers, truck drivers delivering supplies and so many others. On behalf of the entire Town Board and all residents of the Town of Brookhaven, thank you from the bottom of our hearts for all you are doing.

Brookhaven Town government is continuing to operate to provide the essential services our residents need. Services for most departments can be provided by either telephone, email or using drop-off boxes in our Town Hall lobby. For information about Town operations, closures and other important COVID related changes, please visit our website at [BrookhavenNY.gov](https://www.brookhavenny.gov). In addition, for assistance with Town functions during normal business hours, please call 631-451-TOWN. As always, regular updates are provided by me and my colleagues on our social media pages.

This weekend, with the weather warming and sun coming out, please remember to maintain safe social distancing should you go outside to exercise and enjoy some fresh air – and limit any trips outside your home to strictly obtaining essential items for you and your family.

Below I have included new and updated information that I hope you and your family will find useful. Please stay safe and help protect the health and wellness of your family and neighbors.

Sincerely,

Edward P Romaine
Supervisor, Town of Brookhaven



EVICCTIONS

On March 20, Governor Cuomo implemented a 90-day moratorium on evictions for residential and commercial tenants. If you feel you are being illegally evicted, please call 631-852-COPS

NY BLOOD CENTER SEEKS CONVALESCENT PLASMA COVID-19 DONORS

While COVID-19 has no proven treatment, it is possible that plasma taken from those who have recovered (convalescent plasma), which has antibodies against the virus, could help.

If you had a positive test, AND your symptoms have been gone for 14 days, AND you are willing to DONATE, please complete and submit the form below. All information provided will be kept confidential and will only be used to qualify you as a donor.

<https://www.nybloodcenter.org/donate-blood/convalescent-plasma-covid-19-donor-request-form/>

HEALTH CARE OPTIONS OR THOSE WITH NO INSURANCE

HRH Health Care-Federally Qualified Health Centers-available for those who do not have insurance

To schedule a telemedicine visit, call (844) 474-2273, or visit [HRHCare.org](https://www.HRHCare.org).

CORAM

(Elsie Owens)

82 Middle Country Rd

(631) 320-2220

PATCHOGUE

501 North Ocean Avenue

(631) 866-2030

(631) 574-2580

SHIRLEY

(Marilyn Shellabarger)

550 Montauk Highway

(631) 490-3040

TELEMEDICINE FAQs

What is telemedicine?

Telemedicine is like a regular doctor's visit, but as a video chat. Telemedicine refers to a video visit with a medical provider (doctor or nurse) using a smartphone, tablet, or computer. Sometimes these are called virtual visits or telehealth. HRH Health Care uses an easy one-tap link to securely connect with your doctor from your home. To schedule a telemedicine visit, call (844) 474-2273, or visit [HRHCare.org](https://www.HRHCare.org).

Why is telemedicine important during the COVID-19 pandemic?

Limiting social contact is one of the most important ways to stop the spread of COVID-19. Telemedicine is also important because your health care should continue! In most cases, telemedicine is the best way to get your health care right now.

What kind of care can I get during a telemedicine visit?

Telemedicine can be used to diagnose and treat many health concerns. Telemedicine is for adults and children. Many women's health areas are covered by telemedicine. For an extensive list of areas of care, see below. Telemedicine providers may also be able to provide nutrition and behavioral health counseling. Telemedicine can address many issues that would normally bring a patient to a health center or drugstore clinic. It is also a way to check in with a provider about long-term health conditions, like diabetes, hypertension, or asthma. Providers can write some prescriptions, like antibiotics, after a telemedicine visit.

Can telemedicine be used to diagnose COVID-19?

Patients who are worried about COVID-19 (coronavirus) can get a quick, remote consultation with a doctor using telemedicine. Most people who get COVID-19 can recover at home. If you have high fever, cough, and difficulty breathing, you should call 911 or visit the emergency room, instead of using telemedicine. Note that testing for COVID-19 is extremely limited in New York. Only those at risk for serious complications with COVID-19 can be tested at this time. Testing for COVID-19 is not possible via telemedicine.

What are the limits of telemedicine?

Telemedicine providers cannot treat chest pain, broken bones, cuts that need stitches, or provide pre-natal visits. They also cannot perform a COVID-19 test on a patient. In some cases, the telemedicine provider may have to refer a patient to another doctor for an in-person visit.

To schedule a telemedicine visit, call (844) 474-2273, or visit [HRHCare.org](https://www.HRHCare.org).

TIPS FOR WORKING FROM HOME

There are a lot of us who never thought about working from home — until now. While some jobs can't easily be performed from home, many can, thanks to readily available technology.

Here are some tips on how to make it work:

- Set up a home office - make it separate if at all possible, to give you that "I'm at work," feel
- Research digital security measures – If you don't already have it, obtain cyber protection – especially if you have customer data on your computer
- Stay social - Use chat programs, video chats and the phone to stay in touch with your colleagues
- Balance - Set work hours and don't find yourself finishing projects at 9 pm if you've already worked all-day